

# Mom 2020

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Lynne Herman (USA) & David Herman (USA) - May 2020  
音乐: Mom (feat. Kelli Trainor) - Meghan Trainor : (Album: Thank You, Deluxe)



**INTRO: 32 counts**

**RESTART: After 16 counts, Wall #9**

## **S1: FORWARD, TOUCH, BACK, KICK, BACK COASTER, HOLD**

12                      Step RF forward (1); touch LF slightly behind RF (2)  
34                      Step LF back (3); kick RF forward (4)  
567                    Step RF back (5); step LF beside RF (6); step RF forward (7); hold (8)

## **S2: TRIPLE FORWARD, HOLD, JAZZ ¼ TURN RIGHT**

1234                    Step LF forward (1); step RF beside LF (2); step LF forward (3); hold (4)  
56                      Cross RF in front of LF (5); step back on LF while turning ¼ right (6) (3:00)  
78                      Step RF to right side (7); step LF forward (8)

## **S3: SUGARFOOT X4, ROCKING CHAIR**

12                      Twist lower body right and step RF forward (1); twist left and step LF forward (2)  
34                      Twist lower body right and step RF forward (3); twist left and step LF forward (4)  
5678                    Rock RF forward (5); recover weight to LF (6); rock RF back (7); recover weight to LF (8)

## **S4: BOUNCE ½ TURN LEFT, MODIFIED V-STEP**

1234                    Step RF forward (1); bounce 3 times making ½ turn left, shift weight to RF on count 4 (9:00)  
56                      Step LF forward on left diagonal (5); step RF wide to right side (6)  
78                      Step LF back (7); touch RF beside LF (8)

**RESTART: Wall 8 (3:00) begins a 48-count phone conversation between Ms. Trainor and her mother, Kelli. The phone conversation ends on count 16 of Wall #9, facing 3:00. Restart here!**

**DANCE ENDING: The final Wall begins at 6:00, is largely instrumental, and would normally end at 3:00. If you like ending at 12:00, simply pivot left on count #1 as the music ends.**

**NOTES: Give it a bouncy feel, a little “modern Mom” Meghan Trainor attitude!**

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**Last Update - 8 May 2020**